BODYGUARD®
bodyguardfitness.com

V6X– R6X

BIKES

OWNER'S MANUAL

NO: 691023

BODYGUARD®FITNESS,
Division of Procycle CANADA
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Thank You for Purchasing a Bodyguard® Product.

BODYGUARD® Fitness is dedicated to designing and manufacturing the very best performing fitness equipment on the market. This manual outlines the use, safety, and basic maintenance of your BODYGUARD® Fitness V6X/R6X Bike.

Whenever your V6X/R6X requires maintenance, be prepared to provide your BODYGUARD® Fitness dealer with the machine's model number, serial number, and date of purchase. The model number and the serial number are located at the front of the machine, near the **ON/OFF** switch. Enter the model number, serial number, and all other important information in the space provided below.

Product name	
Model number	
Serial number	
Date of purchase	
Dealer's name	
Retailer's telephone number	

Please fill out the warranty registration form and return it to BODYGUARD® Fitness within 30 days of the date of purchase for registration of your V6X/R6X Bike. Your returned warranty registration card is important in helping us keep you up-to-date on all the latest upgrades for your V6X/R6X.

Also, the warranty card is used to establish your actual purchase date.

NOTE: If you omit to send your warranty card to BODYGUARD®, we will use the dealer purchase date to honor the warranty time.

You can also register online at: **www.bodyguardfitness.com**

Important Safety Notice

READ THIS MANUAL THOROUGHLY BEFORE ATTEMPTING TO ASSEMBLE OR USE THIS EXERCISE EQUIPMENT

To ensure that you get the maximum benefit from the engineering that has gone into your machine, we recommend that you read this manual carefully before attempting to assemble and use the V6X/R6X Bike. Save these instructions and refer to this manual if you are unfamiliar with the operation of the V6X/R6X Bike.

WARNING – We recommend that you read this instruction manual carefully before you begin using this machine. Use of this equipment by persons with heart or other medical problems may result in serious injuries. It is recommended that you consult a physician before using this machine. It is also recommended that you periodically consult your physician as you continue to use this equipment. Immediately cease exercise if you feel, dizzy, faint, or short of breath. Use of this equipment in a manner other than that prescribed in this instruction manual may result in serious injuries.

AVERTISSEMENT– Une lecture attentive de ce manuel d'instructions est recommandée avant de commencer à utiliser cet appareil. Son utilisation peut provoquer des blessures sérieuses chez les personnes souffrant de troubles cardiaques ou autres problèmes médicaux. Il est recommandé à ces personnes de consulter leur médecin avant d'utiliser cet appareil. Il est aussi recommandé de consulter régulièrement le médecin au cours de la période d'entraînement. Si vous êtes pris de vertiges ou d'étourdissements, si vous vous sentez défaillir ou avez le souffle court, cessez immédiatement l'exercice. L'utilisation de cet appareil d'une manière inadéquate ou autre à celle décrite dans ce manuel d'instructions peut entraîner des blessures sérieuses.

For Your Personal Safety

Do not place towels or clothing on any part of the bike.

Do not place liquids near the electric power plug, ON/OFF switch, or any other part of the bike. Only the bottle holder is allowed.

Before disconnecting the power supply, exit the program screen, then turn the power OFF. To reduce any risk of electrical shock, do not unplug the machine by pulling on the power cord. Gently remove the plug from the wall outlet.

Do not operate the bike if the power cord is damaged or if the bike is not working properly. If the power cord is damaged, please contact your distributor or manufacturer to get it replaced.

Keep the power cord away from all moving parts of the bike, such as the rear wheels and transport wheels.

If you need to use an extension cord, make sure it is of the same gauge as the power cord (18 AWG). Keep all extension cords clear of all moving parts of the bike.

Place the machine in such a way that you can easily turn the power OFF by pulling the power cord.

Do not let children near the bike when it is in operation or if they are unsupervised.

The bike must never be used by more than one person at a time.

Always face the computer when using the machine.

Do not store the bike too close to furniture or other obstacles. Keep the sides and rear clear of any obstacles.

Wear proper exercise clothing when using the bike.

Electrical Information

CAUTION – This equipment is intended to be plugged into a properly grounded and polarized 3-pronged AC outlet. The third grounding prong must never be removed. Do not use an extension cord or an adaptor plug. Contact a licensed electrician to replace the outlet with a properly grounded outlet.

WARNING – To prevent the risk of fire or electrical shock, do not expose this machine to rain or moisture. Do not install the machine outdoors or near swimming pools, sauna rooms or high humidity environments. Refer servicing to qualified Bodyguard® Service personnel only. If you have any questions about the assembly, proper use or repair of your bike, please contact your local Bodyguard® Dealer. All necessary adjustments or repairs during the warranty period must be made by an Authorized Bodyguard® Dealer. For more information, call our Customer Service Department at: **1-418-228-8934 or 1-888-407-3784.**

1. OPERATING YOUR V6X/R6X

Each V6X/R6X Bike contains an L.E.D. (light emitting diode) computer display. The control functions, with their unique features and programs, have been designed with you in mind, to give you the best possible cycling workout by displaying important and clear information regarding your exercise goal.

The V6X/R6X models have the following display features:

A : Heart rate window

B : Clock

C : 10.5 cm x 7.5 cm profile display (4.25" x 2.75")

D : Select keys

E : Scrolling screen

F : Main keypad

G : X-CARD™ slot

1.1 Getting to Know the V6X/R6X

A- HEART RATE WINDOW

The heart rate window lets you monitor your heart rate at a glance. The number displayed represents beats per minute.

B- CLOCK

Allows you to see the time of day when you are working. See Settings Section 2.12.

C- PROFILE DISPLAY

The large, easy-to-read, two-tone screen displays your exercise program's braking resistance and target speed. Resistance and speed are represented along the vertical axis. Each dot represents a higher level of resistance and speed. Each exercise program starts from the left hand side of the screen and ends when it reaches the right hand side.

Dark green: Braking resistance
Light green: Target speed

D- SELECT KEYS

During an exercise, you can change the value displayed on the scrolling screen by pressing the adjacent **SELECT** key. If you wish to have values displayed in alternating mode, simply hold down the **SELECT** key for three seconds. To cancel the alternating mode, simply press the select key again.

E- SCROLLING SCREEN

The 16 digit alphanumeric scrolling screen allows you to easily enter your personal information prior to starting your program.

During your program, the screen displays **Watts, calories, calories/hour, time elapsed, level, distance, pace, RPM** and **speed** as well as information like target speed and/or body position.

WATTS indicates the level of efforts related to the RPM

CALORIES indicate your total caloric expenditure from the start of the exercise.

CALORIES/HOUR indicates your hourly caloric expenditure based on your weight input and actual exercise intensity level.

ELAPSED TIME indicates the amount of time accumulated from the start of each program. The time will range from 0 to 99.99 minutes (during JustGo™ program) and 0 to 6.00 hours (during other programs).

LEVEL indicates the level you are at. It can vary from 1 to 15 for the programs with levels of difficulty and it can vary from 1 to 20 for programs with resistance levels.

DISTANCE displays the total distance in miles or kilometers from the start of the exercise, ranging from 0.00 to 99.99 miles or 0.00 to 99.9 km.

PACE indicates how long it will take to complete one mile or one kilometer at your current speed. Pace per mile or kilometer is shown in minutes and seconds.

RPM displays revolutions per minute.

SPEED indicates speed in miles per hour or kilometers per hour.

TARGET SPEED, when displayed, indicates the target speed in RPM. An arrow in the RPM display space indicates whether you should increase or decrease your speed in order to maintain target speed.

BODY POSITION appears during certain programs. Each body position must be held until the next position appears.

F- MAIN KEYPAD

The **INCREASE/DECREASE SEGMENT** keys allow you to modify a segment's resistance during a program. These keys allow you select programs and parameters before you exercise. During an exercise program, you can modify the current segment's level of resistance by pressing either the **INCREASE SEGMENT** key or the **DECREASE SEGMENT** key.

The **INCREASE/DECREASE LEVEL** keys allow you to modify the level of difficulty of the program. These keys allow you select programs and parameters before you exercise. During a program, you can modify the level of the bike program by pressing either the **INCREASE LEVEL** key or the **DECREASE LEVEL** key.

PAUSE Press this key to temporarily **STOP** the program without erasing the parameters. Press **JustGo™** to resume.

STOP lets you cancel a program, exit the current program or get out of a menu.

JustGo™ Press this key twice to start the JustGo™ program or to save your setting.

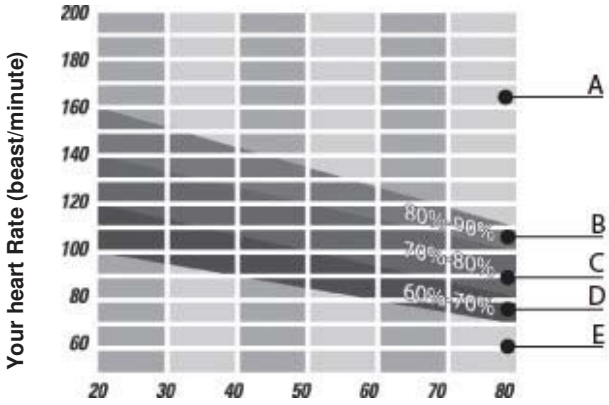
G- X-CARD™

The V6X/R6X Bikes by BODYGUARD® come with an optional X-Card™. This user-friendly card provides access to the personal trainer program package of your choice so you can enjoy programs adapted to your specific fitness level and needs. For more information, contact your dealer or our service department at **1 888 407-3784.**

H- HEART RATE TRAINING ZONE

The heart rate training zone lets you keep track of the zone you are currently exercising in: **Fat Burning, Healthy Heart**, or **Aerobic**.

To determine you target heart rate, select the type of exercise program you wish to follow. **Your MAXIMUM HEART RATE (MHR)** is calculated as follows: **220 - AGE = MHR.**



A) It is not recommended to exercise above 90% of your MHR.

B) Exercise within the 80-90% MHR range for an aerobic exercise.

C) Exercise within the 70-80% MHR range for a moderate, healthy heart zone.

D) Exercise within the 60-70% MHR range if you wish to train in a fat burning zone.

E) Difficult to achieve exercise benefit below 60% MHR.

1.2 Pause during an exercise

You can STOP temporarily during any exercise by pressing the **PAUSE** key.

To PAUSE during an exercise:

1. Press the **PAUSE** key whenever you feel the need to STOP for a moment during an exercise. A message indicating the PAUSE time remaining will appear on the screen. The countdown will start as soon as you press the key.

2. If you wish to continue exercising, simply press the **JustGo™** key to resume the program.

3. If you want to STOP exercising completely, simply press the **STOP** key, and the exercise will be terminated. A summary of your exercise parameters will be displayed, along with the saving option if this option is activated and available for this program.

If your PAUSE time runs out, the exercise will be terminated automatically.

1.3 Viewing Exercise Parameters

At the end of each exercise program, the computer will display THREE exercise parameters: TOTAL DISTANCE, CALORIES BURNED, and TOTAL EXERCISE TIME.

- TOTAL DISTANCE displays the distance traveled for the entire exercise.
- CALORIES BURNED display the approximate caloric expenditure for the entire exercise.
- TOTAL EXERCISE TIME displays the length of the exercise in minutes and seconds.

The exercise parameters on V6X/R6X Bikes will loop for 2 minutes or until you press the **STOP** key to return to the welcome screen. If you do not wish to view the exercise parameters, press the **STOP** key to return to the welcome screen.

1.4 Auto Power OFF

After a period of inactivity (15 minutes by default), your V6X/R6X will switch automatically to sleep mode. This option is ON by default, but you can turn it OFF. See Section 2.14 for further instructions

2. SETTING UP THE COMPUTER TO YOUR ENVIRONMENT

V6X/R6X Bikes offer unique features allowing users to personalize their settings. The computer can also display a series of diagnostics and features.

V6X/R6X Bikes allow you to select and adjust the following settings:

2.1 Access to Settings Menu
2.2 Language Selection (French/English)
2.3 Distance Unit (kilometers or miles)
2.4 Weight Unit (kilograms or pounds
2.5 Warm Up
2.6 Cool Down
2.7 Beeper (On/Off)
2.8 User Identification
2.9 Pause Duration
2.10 Edit Welcome Message
2.11 Saving Option
2.12 Clock Option
2.13 Segment Duration
2.14 Auto Power Off

2.1 Access to Settings Menu

To view the above settings, enter the Settings Menu as follows:

1. When the welcome screen displays, press the third **select** key (3) and hold it for 3 seconds.

2. Press the **INCREASE/DECREASE LEVEL** or **INCREASE/DECREASE SEGMENT** keys to choose the setting you wish to adjust.

2.2 Language Selection

All instructions can be displayed on the screen in **English** or in **French**.

To select a language, enter the Settings Menu (see Section 2.1).

1. Select the LANGUAGE option and press the **JustGo™** key to accept.

2. Select the language (English or Français) you wish to appear on the screen by pressing the **INCREASE/DECREASE LEVEL** or **INCREASE/DECREASE SEGMENT** keys.

3. Press the **JustGo™** key to accept. Messages will now appear in the selected language.

2.3 Distance Unit

Distance can be displayed in kilometers or miles.

To select a distance unit, enter the Settings Menu (see Section 2.1).

1. Select the DISTANCE UNIT option and press the **JustGo™** key to accept.

2. Select the distance unit you want to appear on the screen. Choose from KILOMETERS or MILES by pressing the **INCREASE/DECREASE LEVEL** or **INCREASE/DECREASE SEGMENT** keys.

3. Press the **JustGo™** key to accept. Distance values will now appear in the selected distance un

2.4 Weight Unit Feature

Weight units can be displayed in pounds or kilograms.

To select a weight unit, enter the Settings Menu (see Section 2.1).

1. Select the WEIGHT UNIT option and press the **JustGo™** key to accept.

2. Select the weight unit you want to appear on the screen. Choose between KILOGRAMS or POUNDS by pressing the **INCREASE/DECREASE LEVEL** or **INCREASE/DECREASE SEGMENT** keys.

3. Press the **JustGo™** key to accept. Weight units will now appear in the selected unit.

2.5 Warm Up

Warming up before you exercise is strongly recommended for your safety. V6X/R6X Bikes have a feature that allows you to warm up on your bike. If the Warm Up option is activated, a warm up screen will be displayed prior to each exercise. Note that the warm up screen is not available for the **JustGo™** program, which requires you to establish your own warm up period.

The warm up period is adjustable for 1 to 10 minutes and is divided into 3 parts.

Warm up:
• Part 1: 40% of the intensity of the first segment of the exercise.
• Part 2: 60% of the intensity of the first segment of the exercise.
• Part 3: 80% of the intensity of the first segment of the exercise.

NOTE: The default duration of the warm up is 3 minutes. Time, Distance, and Calories are not recorded during the warm up period. Note that the program RACE can not be saved because of the random nature of this program.

To activate or deactivate the Warm Up function, enter the Settings Menu (see Section 2.1).

1. Select the WARM UP option and press the **JustGo™** key to accept.

2. Select ON or OFF. Press the **INCREASE/DECREASE LEVEL** or **INCREASE/DECREASE SEGMENT** keys to make your selection, then press the **JustGo™** key to accept.

3. To adjust the duration of the warm up, use the **INCREASE/DECREASE LEVEL** or **INCREASE/DECREASE SEGMENT** keys. The warm up option is now either ON or OFF, depending on your selection.

NOTE: If you wish to exit the warm up before the designated period has expired, simply press the **STOP** key.

2.6 Cool down

Cooling down period after you exercise is strongly recommended for your safety. V6X/R6X Bikes have a feature that allows you to cool down on your bike. If the Cool Down option is activated, a cool down screen will be displayed prior to each exercise. Note that the cool down screen is not available for the JustGo™ program, which requires you to establish your own cool down period. The cool down period is adjustable for 1 to 10 minutes and has only one part.

NOTE: The default duration of the cool down period is 3 minutes. Time, Distance, and Calories are not recorded during the cool down period.

To activate or deactivate the Cool Down function, enter the Settings Menu (see Section 2.1).

1. Select the COOL DOWN option and press the **JustGo™** key to accept.

2. Select ON or OFF. Press the **INCREASE/DECREASE LEVEL** or **INCREASE/DECREASE SEGMENT** keys to make your selection, then press the **JustGo™** key to accept.

3. To adjust the duration of the cool down, use the **INCREASE/DECREASE LEVEL** or **INCREASE/DECREASE SEGMENT** keys or the **QUICK RESISTANCE NUMERIC** keys. The warm up option is now either ON or OFF, depending on your selection.

NOTE: If you wish to exit the cool down before the designated period has expired, simply press the **STOP** key.

2.7 Beeper

The beeper can be turned ON or OFF.

To turn the beeper ON or OFF, enter the Settings Menu (see Section 2.1).

1. Select the BEEPER option and press the **JustGo™** key to accept.

2. Select ON or OFF. Press the **INCREASE/DECREASE LEVEL** or **INCREASE/DECREASE SEGMENT** keys to make your selection. Press the **JustGo**™ to accept. The Beeper function is now ON or OFF, depending on your selection.

2.8 User Identification

When activated, the User ID feature lets the elliptical recognize individuals and automatically enter their weight and whatever other information is required. The V6X/R6X models will recognize up to 4 users.

Using this feature means not having to enter your weight because the program automatically does it for you. Your age is also automatically entered into the Heart Rate Monitor programs in order to calculate your Maximum Heart Rate.

The User ID feature allows you to access the following options:

Activate User
To activate a user, enter the Settings Menu (see Section 2.1).

1. Select the USER ID option and press the **JustGo™** key to accept.

2. Select the ACTIVATE USER ID option and press the **JustGo™** key to accept.

3. Press the **INCREASE/DECREASE LEVEL** or **INCREASE/DECREASE SEGMENT** keys to select ON or OFF, and press the **JustGo™** key to accept.

Now that the User ID feature has been activated, you will be prompted to select a user at the start of each program.

Create User
To create a User, enter the Settings Menu (see Section 2.1).

1. Select the USER ID option and press the **JustGo™** key to accept.

2. Select CREATE USER and press the **JustGo™** key to accept.

The cursor will go to the last available space in the memory. If the memory is full, go to the Delete User option.

3. A total of five (5) alphanumeric characters can be used to create a User ID name. Use the **INCREASE/DECREASE LEVEL** keys to navigate between spaces 1 to 5. The arrow pointing up moves left and the arrow pointing down moves right.

Use the **INCREASE/DECREASE SEGMENT** keys to select any character from A to Z or any number from 0 to 9 to fill in spaces 1 to 5. If you wish to leave a space between characters, simply use the blank character between 9 and A. Once a space is filled, move to the next. Repeat this procedure to create a User ID name.

If you wish to change a character before all five spaces have been accepted, press the **INCREASE/DECREASE LEVEL** key to backspace. Press the **JustGo™** key to validate the User ID name.

4. You can enter your age by pressing the **INCREASE/DECREASE LEVEL** or **INCREASE/DECREASE SEGMENT** keys. Press **JustGo™** to accept.

5. Enter your weight (20 to 158 kg or 50 to 350 pounds) by pressing the **INCREASE/DECREASE LEVEL** keys to increase or decrease by increments of 10 and/or the **INCREASE/DECREASE SEGMENT** keys to increase or decrease by increments of 1. Press the **JustGo™** key to validate the weight.

6. Press the **STOP** key to return to the USER ID menu.

Edit User
To edit a user, enter the Settings Menu (see Section 2.1).

1. To edit a User, select the USER ID option and press the **JustGo™** key to accept.

2. Select the user you want to edit using the **INCREASE/DECREASE LEVEL** or **INCREASE/DECREASE SEGMENT** keys and press **JustGo™** to accept.

3. Enter the Name using the **INCREASE/DECREASE LEVEL** and **INCREASE/DECREASE SEGMENT** keys (see Section 2.8.5). Press the **JustGo™** key to validate.

4. Now enter your age using the **INCREASE/DECREASE LEVEL** or **INCREASE/DECREASE SEGMENT** keys.

5. Enter your weight (20 to 158 kg or 50 to 350 pounds) by pressing the **INCREASE/DECREASE LEVEL** keys to increase or decrease by increments of 10 and/or the **INCREASE/DECREASE SEGMENT** keys to increase or decrease by increments of 1. Press the **JustGo™** key to validate the weight.

6. Press the **STOP** key to return to the main USER ID menu.

Delete User
To delete a user, enter the Settings Menu (see Section 2.1).

1. To delete a User, select DELETE USER and press the **JustGo™** key to accept.

2. Select the user you wish to delete. Press the **JustGo™** key to delete the user. If you do not wish to delete this user, press the **STOP** key.

NOTE: If you delete a User, all parameters saved under that User ID name will be lost.

View Statistics
To view the statistics of a User, select STATISTICS and press the **JustGo™** key to accept.

Select the User ID for which you want to view the statistics. The following parameters are accumulated when the User ID feature is activated.

- TOTAL DISTANCE displays the distance traveled in miles or kilometers (according to your settings)
- TOTAL CALORIES displays the total number of calories burned
- TOTAL TIME displays total exercise time in days, hours, minutes, and seconds

Reset Statistics
To reset the statistics of a User, select the RESET STATISTICS option and press the **JustGo™** key to accept.

Select the User whose statistics you wish to reset and press the **JustGo™** key to validate.

NOTE: If you delete a User, all parameters saved under that User ID name will be lost.

2.9 Pause Time

To change the PAUSE time, enter the Settings Menu (see Section 2.1).

1. Select the PAUSE TIME option and press the **JustGo™** key to accept.

2. You can set the PAUSE time for 1 to 30 minute(s). To make your selection, press the **INCREASE/DECREASE LEVEL** or **INCREASE/DECREASE SEGMENT** keys. Press **JustGo™** to accept the change.

2.10 Edit Welcome Message

The Edit Welcome Message feature lets you change the welcome message that appears on your screen. There is a standard welcome message entered into your elliptical. This message is displayed in the language you have selected (see section 2.2). If you wish to edit this message, it will only be changed in your selected language.

To enter the Edit Welcome Message Option, enter the Settings Menu (see Section 2.1).

1. Select the EDIT WELCOME MESSAGE option and press the **JustGo™** key to accept. To edit the welcome message, enter the letters and special characters one at a time. A total of 100 alphanumeric characters can be entered.

2. Select ON or OFF to activate or deactivate the message and press the **JustGo™** key to validate.

3. If you select ON, use the **INCREASE/DECREASE LEVEL** keys to move from one space to the next. The arrow pointing up moves left and the arrow pointing down moves right.

Use the **INCREASE or DECREASE SEGMENT** keys to select any character from A to Z or any number from 0 to 9 to fill in spaces 1 to 100. If you wish to leave a space between characters, simply use the blank character between 9 and A. Once a space is filled, move to the next. Repeat this procedure to create a welcome message.

If you wish to change a character before all spaces have been accepted, move the cursor forwards or backwards using the **INCREASE/DECREASE LEVEL** key.

4. Once you have completed your message, press the **JustGo™** key to save. Your new welcome message will now be displayed on the welcome screen.

2.11 Saving Option

To edit the saving option at the end of a program, enter the Settings Menu (see Section 2.1).

1. Select SAVING OPTION and press the **JustGo™** key to accept.

2. Use the **INCREASE/DECREASE LEVEL** or **INCREASE/DECREASE SEGMENT** keys to turn the option ON or OFF.

3. Press the **JustGo™** key to accept.

2.12 Clock Option

To edit the various clock settings, enter the Settings Menu (see Section 2.1).

Select the Clock Option and press the **JustGo™** key to accept.

Clock ON/OFF
1. To turn the clock on or off, select CLOCK ON/OFF and press the **JustGo™** key to validate.

2. Select ON or OFF using the **INCREASE/DECREASE LEVEL** or **INCREASE/DECREASE SEGMENT** keys. Press **JustGo™** to validate.

Clock Mode
1. To select a 12 or 24 hour display, select CLOCK MODE and press the **JustGo™** key to accept.

2. Select the 24 hour or 12 hour mode using the **INCREASE/DECREASE LEVEL** or **INCREASE/DECREASE SEGMENT** keys. Press **JustGo™** to validate your choice.

Time Set
1. To set the time, select TIME SET and press the **JustGo™** key to accept.

2. Enter the time using the **INCREASE/DECREASE LEVEL** or **INCREASE/DECREASE SEGMENT** keys. Choose between 0 and 23 (24 hr mode) or 1 and 12 (12 hr mode), and press **JustGo™** to validate your choice.

3. Choose between AM and PM if you are in 12 hours mode. Press the **JustGo™** key to accept.

4. Enter the minutes using the **INCREASE/DECREASE LEVEL** or **INCREASE/DECREASE SEGMENT** keys. Press the **JustGo™** keys to validate.

Set Date
1. To set the date, select SET DATE and press the **JustGo™** key to accept.

2. Enter the year using the **INCREASE/DECREASE LEVEL** or **INCREASE/DECREASE SEGMENT** keys. You can select a year between 2000 and 2099. Press the **JustGo™** key to validate.

3. Enter the month using the **INCREASE/DECREASE LEVEL** or **INCREASE/DECREASE SEGMENT** keys. You can choose between 1 and 12. Press the **JustGo™** key to validate.

4. Enter the day using the **INCREASE/DECREASE LEVEL** or **INCREASE/DECREASE SEGMENT** keys. You can choose between 1 and 31. Press the **JustGo™** key to validate.

2.13 Segment Duration

A segment is a round dot on the screen. To modify the segment duration, enter the Settings Menu (see Section 2.1). Segment duration can be set according to time, distance, or calories.

1. Select SEGMENT DURATION and press **JustGo™** to accept.

2. Choose between SEGMENT DURATION (time), CALORIES PER SEGMENT (calories) or SEGMENT LENGTH (distance), using the **INCREASE/DECREASE LEVEL** or **INCREASE/DECREASE SEGMENT** keys. Press **JustGo™** to validate your choice.

3. According to your previous selection, use the **INCREASE/DECREASE LEVEL** or **INCREASE/DECREASE SEGMENT** keys to modify the segments as follows:

15 seconds, 30 seconds, 1 minute, 2 minutes, or 4 minutes
or
0.01, 0.02, 0.05, 0.1 or 0.5 (miles or kilometers)
or
1, 2, 5, 10, or 15 calories

4. Press the **JustGo™** key to accept.

NOTE: Press **STOP** to exit and return to the main menu.

2.14 Auto Power Off

This feature will turn off the display to save energy. Just press any key to have the display light up again. To modify the Standby feature, enter the Settings Menu (see Section 2.1).

1. Select the AUTO POWER OFF option and press the **JustGo™** key to accept.

2. Use **INCREASE/DECREASE SEGMENT** keys to select On or OFF press the **JustGo™** key to accept.

3. If your model is an E230X or E250X, select from 1 to 30 minute(s) time before power shuts off using the **INCREASE/DECREASE LEVEL** or **INCREASE/DECREASE SEGMENT** keys.

4. Press the **JustGo™** key to accep

3. V6X/R6X EXERCISE PROGRAMS

The V6X/R6X exercise programs are designed to help you achieve your personal fitness goals and stay in shape. They have been organized by category so you can quickly and easily find the best program(s) for your needs.

Each exercise program includes a series of preset resistance profiles that offer you a variety of training programs and intensity levels.

In addition, to help you meet your muscular and cardiovascular goals and keep you motivated, some Bodyguard® programs feature target speed profiles. The console interacts with you by means of scrolling messages on target speed and an arrow that tells you when you need to go faster or slower to reach your target speed.

Example: Target speed display

A) Arrow indicates you have to **pedal slower**

To take your training even further, the bike boasts innovative programs to help you work more efficiently and target specific parts of your body. Once again, the interactive console indicates the various body positions for you to take throughout your exercise session.

Example: Position display

A) Arrow indicates you have to **pedal faster**

The V6X/R6X display console is there to guide you throughout your workout to help you meet your personal goals. Some programs combine speed profiles and body positions. You can always **STOP** the scrolling messages and return to your regular exercise settings by pressing one of the three select keys.

Programs feature between 15 and 20 levels of difficulty, depending on the type of program. By increasing or decreasing the level of difficulty, you may change the target speed and/or resistance profiles. When a program has levels of difficulty, the selected level is displayed in the middle of the scrolling screen if the LEVEL (red LED light) is selected.

NOTE: Target speed profiles are suggested speeds only. They are in no way mandatory, but simply a guide to help you get the most out of your workout. If a speed seems too fast or slow, we suggest you find the pace that suits you.

NOTE: The Body Position feature is there to help you get the most out of your workout. The suggested positions are in no way mandatory. If a position is uncomfortable, do not take it.

NOTE: When you change the resistance of a segment in programs with 15 levels of difficulty, the resistance value will appear in the middle of the scrolling screen before being replaced by the selected Profile Level if the LEVEL (red LED light) is selected.

PROGRAM CATEGORIES
- JustGo
- Be Active
- Body Shape
- Heart Rate
- Custom

3.1 JustGo™

The **JustGo™** program allows you to start a manual exercise at the touch of one key. Since JustGo™ is the initial program, it will always be displayed first for easy selection. You have total control of the pedal resistance at all times during this program. Use the JustGo™ program if you like to exercise at fairly constant speeds with little or no changes during the exercise.

During the workout, the selected resistance will stay the same until you change it. A flashing dot indicates your progress. You may adjust the resistance at any time by pressing the **INCREASE/DECREASE LEVEL** keys if you want to change the entire profile or the **INCREASE/DECREASE SEGMENT** keys if you just want to change a segment.

The JustGo™ program does not allow you to predetermine your exercise time or enter your weight. As a result, the calories burned and calories per hour values are based on a user weighing 68 kg (150 lbs.). The calories burned values in the JustGo™ program should be used only as a reference. Moreover, the exercise time is automatically set its maximum of 99 minutes.

There are two ways to access the JustGo™ program.

To start the **JustGo™** program:

1. Press the **JustGo™** key twice.

2. Begin exercising.

Or

1. Press the **INCREASE/DECREASE SEGMENT** keys to select the JustGo™ program. Once you have chosen your program, press the **JustGo™** key to confirm.

2. Begin exercising.

3.2 Be Active

This category is designed to let you get in shape and/or maintain your fitness level. It offers a range of interesting programs to help you reach your goals.

A) Manual
B) Race
C) Beat my Race
D) Cross-Country
E) Intervals
F) Distance Goal
G) Target Watts

A) Manual
The **Manual** program allows you to create your own exercise as you progress in the program. Resistance is completely controlled by the user. At a glance, the JustGo™ and Manual programs seem very similar since the user controls resistance throughout the exercise. The difference is that the Manual program lets you enter your weight and the exercise duration for a more accurate caloric display.

During the workout, the selected resistance will stay the same until you change it. A flashing dot indicates your progress. You may change the resistance at any time by pressing the **INCREASE/DECREASE LEVEL** keys if you want to change the entire profile or the **INCREASE/DECREASE SEGMENT** keys if you just want to change a segment.

This program has 20 levels of difficulty and up to 20 different resistance values per segment.

To select the **Manual** program:

1. Press the **INCREASE/DECREASE SEGMENT** keys to select the Be Active category. Once your selection is made, press **JustGo™** key to accept
2. Choose the **Manual** program using the **INCREASE/DECREASE SEGMENT** keys. Once you have selected the program, press the **JustGo™** key to access the program.
3. Enter your **Weight** by pressing the **INCREASE/DECREASE LEVEL** keys to adjust the value in increments of +/–10 and the **INCREASE/DECREASE SEGMENT** keys to adjust the value by increments of +/–1. Once you have entered your weight, press the key to validate.
4. Enter your workout **Time** by pressing the **INCREASE/DECREASE SEGMENT** keys to enter the time in minutes and the **INCREASE/DECREASE LEVEL** keys to enter the time in hours. Once you have entered your time, press the **JustGo™** key to validate.
5. Begin exercising.

B) Race
The **Race** program gives you an opportunity to compete against three other challengers.

The multi-lane display in the last 14 segments lets you see your position and your competitors. When you first start the program, your own progress will be visible and you will be able to see your competitors. This lets you exercise at your own pace while putting yourself to the test in the last 14 segments.

Throughout the program, the resistance levels will stay the same until you change them. A flashing dot indicates your position throughout the exercise. A solid colored dot represents your opponents.

You may adjust the resistance at any time during the exercise by pressing the **INCREASE/DECREASE SEGMENT** or **INCREASE/DECREASE LEVEL** keys if you want to change a segment. This program does not have a profile level.

You cannot save your race. The minimum distance is 0.2 miles.

NOTE: The flashing solid dot on the top lane of the display is you. The lanes are light green.

To select the **Race** program:

1. Press the **INCREASE/DECREASE SEGMENT** keys to select the **Be Active** category. Once your selection is made, press the **JustGo™** key to accept.

2. Choose the **Race** program using the **INCREASE/DECREASE SEGMENT** keys. Once you have selected the program, press the **JustGo™** key to access the program.

3. Enter your **Weight** by pressing the **INCREASE/DECREASE LEVEL** keys to adjust the value in increments of +/–10 and the **INCREASE/DECREASE SEGMENT** keys to adjust the value by increments of +/–1. Once you have entered your weight, press the **JustGo™** key to validate.

4. Enter the desired **Distance** by pressing the **INCREASE/DECREASE SEGMENT** keys for increments of +/– 10. Once you have entered the distance, press **JustGo™** key to validate.

5. Select the **Number of challengers** by pressing the **INCREASE/DECREASE SEGMENT** keys. Once you have entered the number of challengers, press the **JustGo™** key to validate.

6. Begin exercising.

C) Beat my Race
The **Beat my Race** program gives you an opportunity to compete against yourself, challenging yourself to beat your own time in the previous race.

This program requires a USER ID, which you may create in the Settings Menu (see Section 2.8).

After entering your User ID, start the program. It will recall the distance you covered on your previous race. You also have the possibility of changing the distance. On the display, the green dots are the track that you are following. A flashing orange dot indicates your position throughout the exercise.

Throughout the program, the resistance levels will stay the same until you change them. You may adjust the resistance at any time during the exercise by pressing the **INCREASE/DECREASE SEGMENT** or **INCREASE/DECREASE LEVEL** keys if you want to change a segment. This program does not have a profile level. This program has 20 different resistance values per segment.
Your race is saved automatically and the statistics are stored under your User ID (see Section 2.8 for more details). The minimum distance is 0.2 miles.

NOTE: If you change the automatically proposed distance before beginning your exercise, you will erase all the settings from your previous race and you will not be racing against your last performance. The statistics of your current race will be saved under your User ID for future use.

To select the **Beat my Race** program:

1. Press the **INCREASE/DECREASE SEGMENT** keys to select the **Be Active** category. Once your selection is made, press the **JustGo™** key to accept.

2. Choose the **Beat my Race** program using the **INCREASE/DECREASE SEGMENT** keys. Once you have selected the program, press the **JustGo™** key to access the program.

3. Select your **User ID** by pressing the **INCREASE/DECREASE SEGMENT** keys. Once you have selected your USER ID, press the **JustGo™** key to validate

4. Validate your previous **Distance** by simply pressing **JustGo™** key to access the program. To change it, press the **INCREASE/DECREASE SEGMENT** keys to enter the new distance and press the **JustGo™** key to validate.

5. Begin exercising.

D) Cross-Country
The Cross-Country program simulates climbing a hill using a preset hill profile. This program features 15 profiles and up to 20 different resistance values per segment.

You may adjust the resistance at any time by pressing the **INCREASE/DECREASE LEVEL** keys if you want to change the entire profile or the **INCREASE/DECREASE SEGMENT** keys if you just want to change a segment.
A flashing dot indicates your position throughout the program.

To select the **Cross-Country** program:

1. Press **the INCREASE/DECREASE SEGMENT** keys to select the **Be Active** category. Once your selection is made, press the **JustGo™** key to accept.

2. Select the **Cross-Country** program by pressing the **INCREASE/DECREASE SEGMENT** keys. Once you have selected the program, press the **JustGo™** key to access the program.

3. Enter your **Weight** by pressing the **INCREASE/DECREASE LEVEL** keys to adjust the value in increments of +/–10 and the **INCREASE/DECREASE SEGMENT** keys to adjust the value by increments of +/–1. Once you have entered your weight, press the **JustGo™** key to validate.

4. Enter your workout **Time** by pressing the **INCREASE/DECREASE SEGMENT** keys to enter the time in minutes and the **INCREASE/DECREASE LEVEL** keys to enter the time in hours. Once you have entered your time, press the **JustGo™** key to validate.

5. Choose your Level using the **INCREASE/DECREASE LEVEL** keys. Press the **JustGo™** key to validate your selection.

6. Begin exercising.

E) Intervals (1:1 – 1:2 – 2:1)
The **Intervals** training program will help increase your cardiovascular strength while allowing you to alternate between high intensity work and low intensity rest periods.
You may create your exercise profile by selecting the best work and rest resistance value for you. You may change your work or rest intensity at any time. A flashing dot indicates your position throughout the exercise.

You may change the resistance of a segment at any time by pressing the **INCREASE/DECREASE SEGMENT** keys because this program features a range of 20 resistances value per segment.

You may change the level of difficulty of your profile at any time using the **INCREASE/DECREASE LEVEL** keys.

NOTE: A 1:2 interval means 1 rest segment for 2 segments of work. Work resistance cannot be lower than rest resistance.

To select the **Intervals** program:

1. Press the **INCREASE/DECREASE SEGMENT** keys to select the **Be Active** category. Once your selection is made, press the **JustGo™** key to accept.

2. Choose the **Intervals** program using the **INCREASE/DECREASE SEGMENT** keys. Once you have selected the program, press the **JustGo™** key to access the program
.
3. Enter your **Weight** by pressing the **INCREASE/DECREASE LEVEL** keys to adjust the value in increments of +/–10 and the **INCREASE/DECREASE SEGMENT** keys to adjust the value by increments of +/–1. Once you have entered your weight, press the **JustGo™** key to validate.

4. Enter your workout **Time**. Press the **INCREASE/DECREASE SEGMENT** keys to enter the time in minutes and the **INCREASE/DECREASE LEVEL** keys to enter the time in hours. Once you have entered your time, press the **JustGo™** key to validate.

5. Select your **Interval Type** (1:1, 1:2, or 2:1) using the **INCREASE/DECREASE SEGMENT** keys. Press the **JustGo™** key to validate your selection.

6. Enter **Min. Resistance** (Rest) using the **INCREASE/DECREASE SEGMENT** keys. Press the **JustGo™** key to validate.

7. Enter **Max. Resistance** (Work) using the **INCREASE/DECREASE SEGMENT** keys. Press the **JustGo™** key to validate.

8. Begin exercising.

F) Distance Goal (5 k, 10 k, Half Marathon, Marathon, Custom)
The **Distance Goal** program lets you work out with a target distance as your goal. This preset profile simulates a run over a hilly surface.
You may change the resistance at any time during the exercise if you find it too difficult or too easy.
This program features 15 levels of difficulty and up to 20 different resistance values per segment. A flashing dot indicates your position throughout the exercise. Based on the objective selected, default segment lengths are 1 minute, 0.1 km or mile, or 10 calories.

You may change the segment length. To do so, refer to Section 2.13 of the Settings Menu.

To select the **Distance Goal** program:

1) Press the **INCREASE/DECREASE SEGMENT** keys to select the **Be Active** category. Once your selection is made, press the **JustGo™** key to accept.

2) Choose the **Distance Goal** program using the **INCREASE/DECREASE SEGMENT** keys. Once you have selected the program, press the **JustGo™** key to access the program.

3) Enter your **Weight** by pressing the **INCREASE/DECREASE LEVEL** keys to adjust the value in increments of +/–10 and the **INCREASE/DECREASE SEGMENT** keys to adjust the value by increments of +/–1. Once you have entered your weight, press the **JustGo™** key to validate.

4) Select your **Distance** (5 k, 10 k, Half Marathon, Marathon, Custom) using the **INCREASE/DECREASE SEGMENT** keys. Press the **JustGo™** key to validate your selection.

5) If you have selected Custom (if not, skip to Step 6), enter your distance by pressing the **INCREASE/DECREASE SEGMENT** keys for increments of +/–10. Press the **JustGo™** key to validate your distance.

6) Select your **Level** using the **INCREASE/DECREASE LEVEL** keys. Press the **JustGo™** key to validate your selection.

7) Begin exercising.

G) Target Watts
The **Target Watts** program allows you to exercise at a constant level of energy expenditure (Watts). The resistance adjusts automatically to ensure the target energy level is maintained. To increase or decrease the program's level of difficulty, you have to adjust the target Watts. The minimum is 20 watts and the maximum is 500 watts. You may change the resistance value or the level of difficulty during this exercise if you find the workout too hard or too easy. A flashing dot indicates your position throughout the exercise.

To select the **Target Watts** program:

1. Press the **INCREASE/DECREASE SEGMENT** keys to select the **Be Active** category. Once your selection is made, press the **JustGo™** key to accept.

2. Choose the **Target Watts** program using the **INCREASE/DECREASE SEGMENT** keys. Once you have selected the program, press the **JustGo™** key to access the program.

3. Enter your **Weight** by pressing the **INCREASE/DECREASE LEVEL** keys to adjust the value in increments of +/–10 and the **INCREASE/DECREASE SEGMENT** keys to adjust the value by increments of +/–1. Once you have entered your weight, press the **JustGo™** key to validate.

4. Enter your workout **Time** by pressing the **INCREASE/DECREASE SEGMENT** keys to enter the time in minutes and the **INCREASE/DECREASE LEVEL** keys to enter the time in hours. Once you have entered your time, press the **JustGo™** key to validate.

5. Enter your Target **Watts** using the **INCREASE/DECREASE LEVEL** keys to adjust the value in increments of +/–10 and the **INCREASE/DECREASE SEGMENT** keys to adjust the value by increments of +/–1. Press the **JustGo™** key to validate your selection.

6. Begin exercising.

3.3 Body Shape

Body Shape features programs designed to tone and sculpt your body. From weight loss to muscle tone, you'll find programs tailored to meet your needs.

A) Goodbye Fat
B) Calorie Goal

A) Goodbye Fat
The **Goodbye Fat** program is designed to burn off the fat stored in your body. It promotes weight loss by keeping you in a comfortable zone that draws on energy directly from the areas of your body where fat is.

The program features a resistance profile that is relatively easier than other programs, but effective in promoting weight loss when followed for a long period of time. This program features 15 levels of difficulty and up to 20 different resistance values per segment. A flashing dot indicates your position throughout the exercise.

You may change the resistance of a segment at any time by pressing the **INCREASE/DECREASE SEGMENT** keys because this program features a range of 20 resistance values per segment.

You may change the level of difficulty at any time using the **INCREASE/DECREASE LEVEL** keys.

To select the **Goodbye Fat** program:

1. Press the **INCREASE/DECREASE SEGMENT** keys to select the Body Shape category. Once your selection is made, press the **JustGo™** key to accept.

2. Select the **Goodbye Fat** program using the **INCREASE/DECREASE SEGMENT** keys. Once you have selected the program, press the **JustGo™** key to access the program.

3. Enter your **Weight** by pressing the **INCREASE/DECREASE LEVEL** keys to adjust the value in increments of +/–10 and the **INCREASE/DECREASE SEGMENT** keys to adjust the value by increments of +/–1. Once you have entered your weight, press the **JustGo™** key to validate.

4. Enter your workout **Time**. Press the **INCREASE/DECREASE SEGMENT** keys to enter the time in minutes and the **INCREASE/DECREASE LEVEL** key to enter the time in hours. Once you have entered your time, press the **JustGo™** key to validate.

5. Choose your **Level** using the **INCREASE/DECREASE LEVEL** keys. Press the **JustGo™** key to validate your selection.

6. Begin exercising.

B) Calorie Goal (100, 150, 200, Custom)
The Calorie Goal lets you work out with the goal of burning a specific number of calories. This preset profile simulates a run over a hilly surface. You may change the resistance at any time during the exercise if you find it too difficult or too easy.
This program features 15 levels of difficulty and up to 20 different resistance values per segment. A flashing solid dot indicates your position throughout the exercise.

You may change the resistance of a segment at any time by pressing the **INCREASE/DECREASE SEGMENT** keys.

You may change the level of difficulty of your profile at any time using the **INCREASE/DECREASE LEVEL** keys.

To select the **Calorie Goal** program:

1. Press the **INCREASE/DECREASE SEGMENT** keys to select the **Body Shape** category. Once your selection is made, press the **JustGo™** key to accept.

2. Select the **Calorie Goal** program with the **INCREASE/DECREASE SEGMENT** keys. Once you have selected the program, press the **JustGo™** key to access the program.

3. Enter your **Weight** by pressing the **INCREASE/DECREASE LEVEL** keys to adjust the value in increments of +/–10 and the **INCREASE/DECREASE SEGMENT** keys to adjust the value by increments of +/–1. Once you have entered your weight, press the **JustGo™** key to validate.

4. Choose your Target **calories** (100, 150, 200, Custom) using the **INCREASE/DECREASE SEGMENT** keys. Press the **JustGo™** key to validate your selection.

5. If you have selected Custom (if not skip to Step 6), enter your target calories using the **INCREASE/DECREASE SEGMENT** keys. Press the **JustGo™** key to validate.

6. Choose your **Level** using the **INCREASE/DECREASE LEVEL** keys. Press the **JustGo™** key to validate your selection.

7. Begin exercising.

3.4 Heart Rate

The Heart Rate category allows you to do exercise programs at a predetermined heart rate level. In some programs, you can customize the values to your needs.

A) Target HRT
B) Heart Rate Intervals
C) Fitness Test

Your maximal heart rate (MHR) is calculated as follows: **MHR = 220 – Age**

NOTE: This category requires wearing the heart rate chest strap.

A) Target HRT
The **Target HRT** program features exercises based on the user's preset target heart rate. In order to reach and maintain the desired heart rate zone, the resistance automatically adjusts to provide the necessary intensity.

A default target heart rate (BPM) value will be suggested based on your age. This is calculated at 75% of your maximum possible heart rate.

In the program, the minimum possible target heart rate is 45 and the maximum is 218.

NOTE: For a better idea of your various heart rate zones and possible work heart rate values, consult Section 1.1 – J of your manual.

To select the **Target HRT** program:

1. Press the **INCREASE/DECREASE SEGMENT** keys to select the Heart Rate category. Once your selection is made, press the **JustGo™** key to accept.

2. Select the **Target HRT** program with the **INCREASE/DECREASE SEGMENT** keys. Once you have selected the program, press the **JustGo™** key to access the program
.
3. Enter your **Weight** by pressing the **INCREASE/DECREASE LEVEL** keys to adjust the value in increments of +/–10 and the **INCREASE/DECREASE SEGMENT** keys to adjust the value by increments of +/–1. Once you have entered your weight, press the **JustGo™** key to validate.

4. Enter your workout **Time**. Press the **INCREASE/DECREASE SEGMENT** keys to enter the time in minutes, the **INCREASE/DECREASE LEVEL** key to enter the time in hours. Once you have entered your time, press the **JustGo™** key to validate.

5. Enter your **Age** using the **INCREASE/DECREASE SEGMENT** keys. Once you have entered your age, press the **JustGo™** key to validate.

6. Enter your **Target BPM** (Beats Per Minute) by pressing the **INCREASE/DECREASE SEGMENT** keys. Once you have entered your target BPM, press the **JustGo™** key to validate.

7. Begin exercising.

B) Heart Rate Intervals
The **Heart Rate Intervals** program alternates between work and rest periods. The resistance is automatically adjusted to allow you to stay in the work or rest heart rate zone you defined at the beginning of the exercise. Work and rest periods alternate at the selected intervals. A flashing solid dot indicates your position throughout the exercise. The work heart rate cannot be lower than the rest heart rate.

NOTE: For a better idea of your various heart rate zones and possible work heart rate values, consult Section 1.1 – J of your manual.

To select the **Heart Rate Intervals** program:

1. Press the **INCREASE/DECREASE SEGMENT** keys to select the **Heart Rate** category. Once your selection is made, press the **JustGo™** key to accept.

2. Select the Heart Rate Intervals program with the **INCREASE/DECREASE SEGMENT** keys. Once you have selected the program, press the **JustGo™** key to access the program.

3. Enter your **Weight** by pressing the **INCREASE/DECREASE LEVEL** keys to adjust the value in increments of +/–10 and the **INCREASE/DECREASE SEGMENT** keys to adjust the value by increments of +/–1. Once you have entered your weight, press the **JustGo™** key to validate.

4. Enter your workout **Time** by pressing the **INCREASE/DECREASE SEGMENT** keys to enter the time in minutes and the **INCREASE/DECREASE LEVEL** key to enter the time in hours. Once you have entered your time, press the **JustGo™** key to validate.

5. Enter your **Age** using the **INCREASE/DECREASE SEGMENT** keys. Once you have entered your age, press the **JustGo™** key to validate.

6. Enter your **Rest Heart Rate** (Rest BPM) by pressing the **INCREASE/DECREASE SEGMENT** keys. Once you have entered

your rest heart rate, press the **JustGo™** key to validate.

7. Enter your **Work Heart Rate** (Work BPM) by pressing the **INCREASE/DECREASE SEGMENT** keys. Once you have entered your work heart rate, press the **JustGo™** key to validate.

8. Enter the **Interval Time** (Int. Time) using the **INCREASE/DECREASE SEGMENT** keys. Once you have entered your interval time, press the **JustGo™** key to validate.

9. Begin exercising.

C) Fitness Test
The **Fitness Test** is a custom-made submaximal test designed to help you achieve your goals by measuring your cardio respiratory fitness. **Maximal oxygen uptake (VO2max)** is defined as the maximum volume of oxygen that can be taken up, distributed and used by the body during physical activity. Testing your **VO2max** before starting an exercise allows you to evaluate yourself and define the appropriate exercise intensity level.

For this submaximal test, you are challenged to reach 75% of your maximum heart rate. This result is then used to extrapolate your **Maximal oxygen uptake (VO2max).** This test features target speeds and resistances. It is very important to follow the instructions on the console to make sure that the test is valid. The test will stop once you reach 75% of your target BPM (beats per minute.)

The target speed is important in this program, so make sure you stick to it. If your speed is too slow or too fast, an arrow appears on the display to indicate that you should reduce or increase your speed to meet the target **(see beginning of Chapter 3 for more details).**

NOTE: This program requires you to wear the heart rate chest strap. Cardiorespiratory fitness is a combination of cardiovascular fitness and respiratory fitness. Always keep in mind that this test is submaximal, so the results are only approximate.

1. Press the **INCREASE/DECREASE SEGMENT** keys to select the **Heart Rate** category. Once your selection is made, press the **JustGo™** key to accept.

2. Select the **Fitness Test** program by pressing the **INCREASE/DECREASE SEGMENT** keys. Once your selection is made, press **JustGo™** key to access the program.

3. Enter your **Weight** by pressing the **INCREASE/DECREASE LEVEL** keys to adjust the value in increments of +/- 10 and the **INCREASE/DECREASE SEGMENT** keys to adjust the value by increments of +/- 1. Once you have entered your weight, press the **JustGo™** key to validate.

4. Enter your **Age**. Press the **INCREASE/DECREASE SEGMENT** keys to choose your age. Once you have entered your age, press the **JustGo™** key to validate.

5. Enter your **Gender**. Press the **INCREASE/DECREASE SEGMENT** keys to choose your gender. Once you have entered your gender, press the **JustGo™** key to validate.

6. Begin exercising.

3.5 Custom Program

Bodyguard® machines allow you to create your own pre-programmed profiles and/or save and recall previously completed exercises.

This is particularly useful if you want to define an exercise profile in advance or save a program whose profile you have modified to your specific needs.

A) Memory
B) Learn Programs
C) Statistics

A) Memory
The **Memory** program allows you to recall an exercise you have previously saved. When the Saving option is activated, the console Displays two arrows at the end of every exercise to indicate that you can press **JustGo™** key to save the exercise that you have just completed.

Only the following programs can be saved: JustGo, Manual, Intervals, Target HRT, and Heart Rate Intervals.

NOTE: To activate the Saving option, consult Section 2.11 of your manual.

NOTE: You can only save programs with a minimum duration of 14 segments. (See Section 2.13)

To choose a program in **Memory**:

1. Press the **INCREASE/DECREASE SEGMENT** keys to select the **Custom Program** category. Once your selection is made, press the **JustGo™** key to accept.

2. Select **Memory** by pressing the **INCREASE/DECREASE SEGMENT** keys. Once you have selected the program, press the **JustGo™** key to access the program.

3. The programs saved will then be displayed on screen. You may select a **saved program** by pressing the **INCREASE/DECREASE SEGMENT** keys until the name of the desired program appears. Press the **JustGo™** key to validate your selection.

4. Enter your **Weight** by pressing the **INCREASE/DECREASE LEVEL** keys to adjust the value in increments of +/–10 and the **INCREASE/DECREASE SEGMENT** keys to adjust the value by increments of +/–1. Once you have entered your weight, press the **JustGo™** key to validate.

5. Begin exercising.

B) Learn Program
The Learn Program function allows you to create your own programs and save them for later workouts.

To select the **Learn Program:**

1. Press the **INCREASE/DECREASE SEGMENT** keys to select the **Custom Program** category. Once your selection is made, press the **JustGo™** key to accept.

2. Select the **Learn** Program by pressing the **INCREASE/DECREASE SEGMENT** keys. Once you have selected the program, press the **JustGo™** key to access the program.

To **Create** a program:

1. **In Learn Program**, select **Create** a New Program using the **INCREASE/DECREASE SEGMENT** key.
Press the **JustGo™** key to validate your selection.

2. Select the desired **number of segments** for this program using the **INCREASE/DECREASE SEGMENT** keys. Press the **JustGo™** key to validate.

3. On screen, **increase or decrease the resistance** of the current segment by pressing the **INCREASE/DECREASE SEGMENT** keys. Once you have entered your resistance value, press the **JustGo™** key to validate. Repeat this process for each segment.

4. Press the **JustGo™** key to save your new program.

NOTE: You can create up to four (4) programs with the V6X/R6X.

To **Select** a program:

1. In **Learn Program**, choose **Select** a Program using the **INCREASE/DECREASE SEGMENT** keys.
Press the JustGo™ key to validate.

2. Enter your **Weight** by pressing the **INCREASE/DECREASE LEVEL** keys to adjust the value in increments of +/–10 and the **INCREASE/DECREASE SEGMENT** keys to adjust the value by increments of +/–1. Once you have entered your weight, press

the **JustGo™** key to validate.

3. Begin exercising.

NOTE: The exercise level option is not available when you select an exercise using the Edit Program.

C) Statistics
This option allows a user to view is own training statistics. Remember that you must create a User ID to use this option, (see Section 2.8).

To **view Statistics:**

1. Press the **INCREASE/DECREASE SEGMENT** keys to select the **Custom Program** category .Once your selection is made, press the **JustGo™** key to accept.

2. Choose **Statistics** by pressing the **INCREASE/DECREASE SEGMENT** keys. Once your selection is made, press the **JustGo™** key to access the program.

3. Select the **User Id** name and press **JustGo™.** The following parameters will be displayed as the Used ID is activated:

• TOTAL DISTANCE displays the distance traveled for the entire exercise.
• CALORIES BURNED display the approximate caloric expenditure for the entire exercise.
• TOTAL EXERCISE TIME displays the length of the exercise in minutes and seconds.

4. HEART RATE MONITORING

4.1 Contact Heart Rate System

This machine has a built-in contact heart rate system that allows you to verify your heart rate during a workout without wearing a heart rate chest strap. By holding the contact bars on the handlebars, you will see your current pulse on screen.
(To get a reading, make sure your hands are not too moist (sweaty) when you touch the contact bars.)

You may encounter problems with the contact heart rate reading system.

Please refer to the following table for troubleshooting tips for the contact heart rate reading system. This machine uses an ECG (electrocardiogram) circuit board with metal plates connected by conductor wires. The circuit board is built into the machine.

Troubleshooting Checklist — Table 1

PROBLEMS	LIKELY CAUSES	SOLUTIONS
• No reading	• Hands not in contact with metal plates long enough • Defective ECG circuit board • Conductor wires not properly connected	• Wait 5 to 10 seconds for a good reading • Change ECG circuit board • Check connections.
• Erratic readings	• Hands not in contact with metal plates long enough • Defective ECG circuit board • Fluorescent (neon) lights too close to console • Interference from other signals	• Do not move hands • Change ECG circuit board • Move machine • Turn power off

4.2 Heart Rate Chest Strap

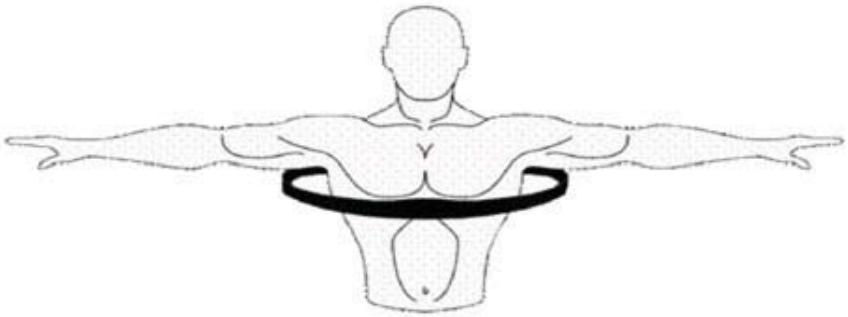
The BODYGUARD® Fitness V6X/R6X is designed for use with the heart rate chest strap. The chest strap allows the computer to monitor your heart rate or beats per minute. This value is displayed on the computer screen and should only be used as a guide in helping you achieve your personal fitness goals.

If the strap is not used, no heart rate reading will be displayed onscreen. It is important to consult a physician before starting an exercise program or using a heart rate chest strap with exercise equipment.

CAUTION – We recommend that you read this instruction manual carefully before you begin using this machine. Use of this equipment by persons with heart or other medical problems may result in serious injury. It is recommended that you consult a physician before using this machine. It is also recommended that you periodically consult your physician as you continue to use this equipment. Immediately cease exercise if you feel dizzy, faint, or short of breath. Use of this equipment in a manner other than that prescribed in this instruction manual may result in serious injury.

In order to help you choose an effective exercise program and determine your recommended Target heart rate training zone, find your age on the heart rate chart at the beginning of the manual and check the target heart rate zone for the various intensity levels. These levels include the Fat Burning, Healthy Heart, and Aerobic Training zones.

TIP — You should moisten the back of the heart rate chest strap from time to time to make sure it transmits a signal. Use a few drops of water to moisten the strap and place it directly on your skin. The strap will not work properly if worn over your clothes.



Possible Chest Strap Heart Rate Problems and Solutions

All BODYGUARD® Fitness machines are compatible with Polar wireless heart rate monitor systems. Each system includes a chest strap and receiver. The receiver is built into the machine beneath the bottle holder. Chest straps are available at all BODYGUARD® Fitness and Polar retailers. If you are having problems with reception, consult the troubleshooting checklist below.

Troubleshooting Checklist — Table 2

PROBLEMS	LIKELY CAUSES	SOLUTIONS
• No Signal	• Dead battery in strap • Dry electrodes • Wrong strap	• Change battery or change chest strap • Moisten electrodes with water • Use Polar or compatible Polar straps
• Weak signal	• Wrong strap • Electrodes not wet enough • Strap not tight enough • Too much body fat • Chest size too small or too big • Receiver problem	• Moisten electrodes with water • Put strap on tighter • No solution • Adjust chest strap • Use Diagnostics menu to check signal (See Heart Rate Test section)
• Erratic signal	• Wrong strap • Interference from other signals • Electrodes not wet enough	• Use Polar or compatible Polar straps • Move machine away from potential sources of interference • Moisten electrodes with water.

The above table should help you to properly diagnose the problem. Note that the signal is not necessarily transmitted immediately. The chest strap electrodes need to be moistened in order to send a strong signal. Interference from radios and neon lights can also weaken the signal

5. COMPUTER DIAGNOSTICS

Accessing the "Diagnostics" Menu
To determine the condition of the various electrical and mechanical components, access the DIAGNOSTICS menu as follows:

1. Turn power OFF.
2. Simultaneously hold down the **INCREASE/DECREASE SEGMENT** keys.
3. Once the DIAGNOSTICS menu appears, release the **INCREASE/DECREASE SEGMENT** keys.
4. While holding down the 2 keys, turn power on
5. Press **JustGo™** key to access the Diagnostics menu.

When you access the DIAGNOSTICS menu, you will notice the following message: Example: "V6X VX.X"

This message indicates the version of the computer software installed on your computer display monitor. This information is helpful in diagnosing certain computer-related problems. Keep in mind that the version number may change depending on the model number of your V6X/R6X Bike.

The V6X/R6X Bikes allow you to perform the following tests:

- **NVRAM TEST**
- **KEYPAD TEST**
- **DISPLAY TEST**
- **HEART RATE TEST**
- **CLOCK TEST**
- **SMART CARD TEST**
- **SOUND TEST**
- **BRAKE TEST**
- **SPEED SENSOR TEST**
- **STATISTICS**

To perform any of the above procedures, press the **INCREASE/DECREASE LEVEL** keys to select the one you want and press the **JustGo™** key to accept.

NVRAM TEST
The NVRAM is a memory chip that saves information even when the elliptical has been turned off. Note that the NVRAM test will not erase any stored information.

1. In the DIAGNOSTICS menu, select NVRAM test and press the **JustGo™** key to accept.
2. The computer will display the following message: NVRAM TEST SUCCEEDED
3. Press the **STOP** key to quit the test.

KEYPAD TEST
The keypad test allows you to verify that each key is responding when pressed.

1. In the DIAGNOSTICS menu, select keypad test and press the **JustGo™** key to accept.
2. Press each key one at a time and verify the confirmed response onscreen. For example, if you press the **STOP** key, the screen will display STOP, indicating that the key press was recognized.
3. Press the **STOP** and **JustGo™** keys simultaneously.

DISPLAY TEST
The display test allows you to verify that each display light is working properly. If you notice that one or more areas on the screen do not light up while you exercise, you should perform this test.

1. In the DIAGNOSTICS menu, select display test and press the **JustGo™** key to accept.
2. Now the display will illuminate in a certain way. To proceed to the next display pattern, press any key. Press **STOP** key to terminate the test.

HEART RATE TEST
The heart rate test allows you to determine if the heart rate systems (chest strap and hand grips) are working properly and if the computer is displaying your heart rate signal during a program.

1. In the DIAGNOSTICS menu, select heart rate test and press the **JustGo™** key to accept.
2. Attach your heart rate chest strap. Within a few seconds, your heart rate signal will be displayed on the top display window

(Dedicated Heart Rate Window).
3. Do the same for the hand grip system; put your hands on the two metal plates and wait 5 to 10 seconds; your heart rate signal will be displayed on the scrolling screen window
4. Press **STOP** key to terminate the test.

CLOCK TEST
The clock test allows you to verify the clock chip and circuitry.

1. In the DIAGNOSTICS menu, select clock test and press the **JustGo™** key to accept.
2. The computer will display the message: CLOCK TEST SUCCEEDED
3. Press **STOP** key to terminate the test

SMART CARD TEST
The smart card test allows you to verify that the smart card slot and circuitry is able to read or write information from or on a smart card. You must use a smart card user type.

1. In the DIAGNOSTICS menu, select smart card test and press the **JustGo™** key to accept.
2. Insert smart card. The message SMART CARD GOOD will appear.
3. Press **STOP** key to terminate the test.

SOUND TEST
The beeper test will cause the beeper to sound.

1. In the DIAGNOSTICS menu, select sound test and press the **JustGo™** key to accept.
2. Listen for a series of beeps. Press any key to terminate the test.

BRAKE TEST
The brake test allows you to feel if the braking system is performing according to the percentage of brake required onscreen.

1. In the DIAGNOSTICS menu, select brake test. To start the test, press the **JustGo™** key.
2. Vary the brake resistance from 0% to 100% by pressing the **INCREASE/DECREASE SEGMENT** key. Ensure that pedal resistance matches the selected setting (0, 25, 50, 75, or 100).

3. Press **STOP** key to terminate the test.

SPEED SENSOR TEST
The Speed Sensor test allows you to see whether your speed sensor circuit is functional or not. In the DIAGNOSTICS menu, select SPEED SENSOR TEST and press the **JustGo™** key to accept.

1. A message will be displayed on the scrolling screen indicating whether the sensor is functioning properly or not.
   • Check to make sure your speed sensor is connected.
   • Check to make sure the sensor is not dirty.
2. Operate the pedals. Once the computer has finished counting, it will display the following message: THE SENSOR IS OK.
3. Press **STOP** to terminate the test.

STATISTICS
The statistics allow you to view various parameters related to the use of your elliptical, such as time and distance.

1. In the DIAGNOSTICS menu, select statistics and accept it by pressing **JustGo™.**
   • The TOTAL DISTANCE displayed indicates the total distance traveled with the elliptical during all exercise programs (XX.XX miles).
   • The TOTAL TIME displayed indicates the amount of time the treadmill has been used during all exercise programs (XX Months – XX Day - XX Hours - XX Min).
2. Press **STOP** key to terminate the test.

6. MAINTENANCE INFORMATION

6.1 General Care

Your V6X/R6X Bike was designed and built to give you trouble free use. For maximum safety, however, you should periodically check your unit for signs of wear.

Here is a quick checklist:
• After each workout, you should wipe down your V6X/R6X Bike using a mild, non-abrasive liquid cleanser applied on a soft cloth. Do not spray cleansers directly on the unit or use an excessively damp cloth. Do not clean the unit with the power ON. Be sure that it is OFF (E230X /E250X only).

• Be sure that the bike is on a level surface and that it is not rocking.

• Keep liquids, including perspiration, away from the computer console.

• Pedals and handlebars must be kept clean. Dirt and debris can make surfaces slippery and may cause slipping when exercising.

• Check that the central handlebars are secure on the frame.

• It is also recommended to periodically remove any dust that has accumulated on the elliptical.

• If you feel that something is loose or hear any unusual grinding or knocking while exercising, have your bike checked by a certified technician.

If you experience a problem during the normal operation of your V6X/R6X Bike, use the Quick Troubleshooting section. If you are unfamiliar with or uncertain about basic diagnostic maintenance procedures, contact your Authorized Bodyguard® Dealer for servicing of your bike.

WARNING – To prevent risk of electrical shock or fire, always turn the power OFF and disconnect the power cord, whenever you are cleaning, inspecting, or repairing your V6X/R6X Bike.

Make sure that the power is OFF before doing any maintenance.

1 – ON/OFF switch 2 – Power inlet 3 – Transformer for V6X/R6X

6.2 Quick Troubleshooting Checklist

If you experience a problem during the normal operation of your V6X/R6X Bike, use the Quick Troubleshooting Checklist. If you are unfamiliar with or uncertain about basic diagnostic maintenance procedures, contact your Authorized Bodyguard® Dealer for servicing of your bike.

Troubleshooting Checklist — Table 3

PROBLEMS	PROBABLE CAUSES / SOLUTIONS
• Computer will not light up when power is turned ON	• Unit is not plugged in – Plug unit in • Power cord. – Check that the power cord is functional. Replace if necessary • Check power outlet on wall – Contact a qualified electrician if necessary. • A computer cable may be disconnected – Check computer cables
• Computer keys sticking or not responding to touch	• Keypad may have been damaged by liquid – Contact your Bodyguard® dealer • Excessive amount of cleaning solution used – Use only mild cleaning soap on damp cloth when cleaning machine
• Computer lights up, but there is no resistance on pedals	• Control card is defective • Cable between braking system and control card is damaged or improperly connected – Check cable • Cable between computer and control card is damaged or defective – Check cable
• Wheels don't seem to turn smoothly and you feel undesirable vibrations	• Make sure rear sliders and wheels are clean. You can remove the rear running board for easier cleaning • Make sure all nuts and bolts are in place and firmly tightened
• Computer lights up, but speed is not displayed	• Speed sensor is improperly aligned – Align or replace if necessary • Speed sensor is improperly connected – Check connection • Cable between computer and control card is damaged or defective – Replace cable

6.3 Electromagnetic Interference Requirements

United States

The V6X/R6X has been tested and found to comply with the limits for Class B digital devices, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio/television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna
- Increase the distance between the equipment and receiver
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected
- Consult the dealer or an experienced radio/TV technician for help

Canada

The V6X/R6X has been tested and found to comply with the limits for a Class B device, pursuant the standard NMB-003.

International

This equipment has been tested to comply with the Electromagnetic Interference Compatibility directive 89/336/EEC as amended by 91/31/EEC and 93/68/EEC required by the International Electrical Committee.